

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: control group and intervention group. The control group received no intervention, while the intervention group received a 6-week intervention program. The intervention program consisted of three components: physical activity, cognitive-behavioral therapy, and social support. The control group was assessed at baseline and follow-up, while the intervention group was assessed at baseline, mid-intervention, and follow-up. The outcome measures included self-reported stress levels, perceived social support, and quality of life.

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